



FOR IMMEDIATE RELEASE  
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## INDIAN STREAM HEALTH CENTER PRESENTS TOBACCO CESSATION PROGRAM

The Board of Directors of Indian Stream Health Center (ISHC) is pleased to present the FreshStart Tobacco Cessation Program. FreshStart is an American Cancer Society tobacco cessation program that helps people to stop using tobacco products. The newly implemented service at Indian Stream Health Center is being presented and taught by Ginny Petro, and consists of multiple classes on consecutive weeks. The classes are currently being held in the Community Room at ISHC, and will end just before the start of the New Year. Ginny will be holding more sessions throughout the year for interested participants.

The FreshStart Tobacco Cessation Program was created by the American Cancer Society. Ginny Petro, the Outreach Services Coordinator from Indian Stream Health Center, took classes through the Cancer Society's website to complete her requirements to teach the Cessation classes. Ginny works with PowerPoints, brochures, and other teaching materials in a group setting, to help individuals stop using tobacco products. Although most participants are trying to quit *smoking* tobacco, the program is open to help people stop using all kinds of tobacco. The program provides participants with information on why people get addicted, what causes them to keep using tobacco products, and helps to develop the best quit methods for each individual.

Ginny has already been hosting a series of sessions for the FreshStart program. December 21<sup>st</sup> marks the last of four program sessions, held on consecutive weeks, at Indian Stream Health Center. Each session lasts about one to one and a half hours, and is held in ISHC's new Community Room. The setting is comfortable, safe, and has an inviting atmosphere for those participating in the program. The program costs \$20, but if a person attends all four sessions their money will be refunded. Ginny commented: "On average, it takes five to seven quit attempts before a person is successful at tobacco cessation. My goal is to make this last and final quit attempt a successful one."

ISHC plans to host more FreshStart sessions in the following year, but an exact date has not been determined yet. Ginny is excited to continue this program, and offer the much needed service to the community. To participate in the program, please contact Ginny directly at 603-388-2414. For more information about the FreshStart Tobacco Cessation program, or other services offered by ISHC, please visit: [www.indianstream.org](http://www.indianstream.org). For those without easy access to a computer, please call the health center at 603-237-8336 for information.